

# Halifax metro

Your essential daily news | MONDAY, JANUARY 23, 2017

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## WE ARE THE RESISTANCE

But if you think this fight is romantic or glorious, think again — exhilarating as the women's march was, the road ahead will be perilous **Vicky Mochama in Washington, metroVIEWS**

DARREN CALABRESE/THE CANADIAN PRESS



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## Feline funds 'A huge issue'

### ANIMAL WELFARE

#### Council to consider annual cash for feral cats



**Zane Woodford**  
Metro | Halifax

Halifax regional council will decide this week whether to spend \$250,000 over the next five years to try to slow the growth of the municipality's feral cat population.

In a report before council at its Tuesday meeting, municipal staff recommends council create an administrative order to provide annual funding of \$50,000 to charities for spay and neuter programs.

Council approved one time funding of \$50,000 last year, which helped people like Sonya Higgins of Healing Animal SCARS get more cats spayed and neutered.

"In the past I would have to fundraise to get each cat done, and it took some time to achieve the funds. I would be able to do three cats at a time, so maximum three cats a week," Higgins said in an interview.

"Now, if I'm working with other groups, we can trap 15 or 20 cats and have them done each week, and I won't have to worry about the fundraising myself for the spay and neuter program."

Higgins said last year's funding showed that groups



Staff recommends council create an administrative order to provide annual funding of \$50K for spay and neuter programs. MARCUS OLENIUK/TORSTAR NEWS SERVICE

like hers are good at working together with the Nova Scotia SPCA, which does the spaying and neutering, to slow the breeding of feral cats in the municipality.

"The numbers spiral out of hand very quickly, so for us to go in and stop the growth in any given colony is quite

a success," she said.

"Not a lot of people are aware of what happens with the feral cat population, unless you're one of the ones that has half a dozen cats under a shed or in some other part of your yard," Coun. Steve Adams said in an interview.

"But it's a huge issue, and the people involved in helping to curb this are very dedicated and they're well aware of how important it is."

Adams made the request for a staff report on the issue, and said he thinks at least the veteran councillors will be on board.



It'll be my job to convince the newly elected councillors of the importance and the significance of this because I dare say that every district has a cat population issue, some more than others, but it affects us all. Coun. Steve Adams



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# Haligonians show their support

PROTEST

**More than 1,000 people take part in Saturday rally**



**Alex Quon**  
For Metro | Halifax

Bonnie St-Croix expressed amazement at the large number of people that came out to Saturday's Halifax women's march but said this is just one part of a larger movement.

From the number of people who came out across North America, she says it was clear this movement had a message that wasn't going away.

"I think that whenever there will be a moment to stand up for what we feel is right, people will show up," she said.

More than a thousand people descended on Halifax's Grand Parade Saturday to join the city's version of the Women's March on Washington, showing support for women's rights and protesting the recent election of U.S. President Donald Trump.

Coming from as far as Sydney, attendees joined similar protests occurring across Canada and the United States.

"I certainly wanted to voice my opinion that Trump is a dictator, a misogynist and a racist," said Wilda Kaiser, one of the attendees of Saturday's protest.

Kaiser, like many of the people Metro spoke to, expressed a hope the event would be the beginning of a vocal

**"I hope we don't normalize this idea that (Trump) is perpetuating. We can't allow it to continue."**

Christine Moreau



ALEX QUON/FOR METRO



ALEX QUON/FOR METRO

- 1 Wilda Kaiser came to Saturday's protest in Halifax hoping to send the message that Trump should retire.
- 2 Bonnie St-Croix shows off her hand-made 'No Walls' sign at the Halifax rally on Saturday.
- 3 A woman wipes away a tear as demonstrators gather in the city.

resistance against President Trump, who was inaugurated on Friday.

A large percentage of the crowd wore "pussy hats" — pink knitted caps with ears. The unique choice of clothing was worn by teenagers, the elderly and even by some of the toddlers in attendance. The hats are a response to President Trump's remarks from 2005 about grabbing women's gen-

italia.

Christine Moreau made the trip to Halifax from Wolfville. She says the group she was with was so large they needed a couple of vehicles to make the trip.

As a Canadian citizen, she wasn't able to vote in the U.S. election but came to contribute to a conversation about issues she says are just as important in Canada.

"It's really important we show our support and also show that even though the election did happen not everyone shows support for what is happening," Moreau said.



THE CANADIAN PRESS

## A Delicious Night Out

FEATURING

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# Skating circles around trees

ONLINE

## Flooded woods the 'perfect' ice rink, says woman

Jessica Spinney had no idea a video of her skating through a wooded area of South Berwick would span the globe.

"I'm still being updated with where it's being shown around the world," said Spinney.

"It's definitely surprising." The video, posted on YouTube Jan. 15, shows Spinney gracefully gliding in between trees surrounded by glass-like ice while her boyfriend, Kyle Hicks, has his camera rolling.

As of late last week, Spinney's video had been shared in the United Kingdom, Aus-

tralia, Thailand and throughout the United States and Canada. Asked why she thinks the video is getting so much attention online, the 30-year-old said she's come up with a couple of potential explanations.

"I thought maybe people thought we were going to run into a tree, or something funny might have happened," she joked.

Spoiler alert: Spinney manages to stay upright on her hockey skates throughout the entire video.

As for Spinney's second theory, the Coldbrook resident believes it's the sheer beauty of the natural surroundings that continues to garner interest.

"(The ice) looked like glass because it was a beautiful day and it was perfect skating."

TC MEDIA

## TRENDING GLOBALLY

Visit [metronews.ca/news/halifax](http://metronews.ca/news/halifax) and click news then Halifax on the top left to watch the video.

Hands down, the wooded area near her boyfriend's home in South Berwick is now her favourite outdoor skating destination. And

they'll be keeping an eye on it in case it floods and freezes again this winter.

"We were pretty excited about it and we're sad that it won't last all winter long, but we're definitely getting out as much as we can before it breaks down."

LABOUR

## Teachers suspend campaign

The Nova Scotia Teachers Union says it will suspend its work-to-rule campaign beginning Monday after reaching a tentative agreement with the provincial government.

Neither side would discuss details of the deal announced Friday, which faces a Feb. 8 ratification vote.

Union president Liette Doucet said the deal was reached early Wednesday, and union executives met Thursday and Friday to discuss it.

She said the union is recommending the tentative agreement be accepted by its 9,300 members. Teachers have twice rejected contracts recommended by the union executive, and voted overwhelmingly in favour of a strike.

The deal will be presented to members around the province over the next two weeks.

THE CANADIAN PRESS



**WEATHER A NICE DAY FOR A HIKE** Warmer weather made for a great day for a hike along the Beechville Lakeside Timberlea Trail on Sunday. Temperatures were above seasonable for the weekend. JEFF HARPER/METRO

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# Raising a standard for safety

TRAFFIC

**Norm Collins is tireless in trying to make streets safer**



**Yvette d'Entremont**  
Metro | Halifax

The basement of Norm Collins' house is filled with buckets, flags, markers, and other assorted paraphernalia needed to run his crosswalk flag program.

"I almost have a little cottage industry in my basement. I get reflective tape and then apply that to the flags," Collins said in an interview at his Waverley Road home.

"Then we write (our society's name) on it. I've personally written on thousands of flags now. My hand's getting a little sore!"

For almost a decade, Collins has tirelessly advocated for crosswalk safety in the Halifax region and across Nova Scotia. That led to him spearheading the charitable Crosswalk Safety Society of Nova Scotia.

"It started a year after Mary Beth Chaulk and another teenager were struck and killed ... My wife and I have a donation budget and we said a year has gone by and nothing has changed," Collins recalled.

"There was no new signage, nothing in terms of crosswalk safety, so we had this idea of spending some of our own money to improve crosswalk safety along the Waverley Road where we live."

There are 140 crosswalks in HRM that currently have crosswalk flags under the society's program, with another six recently given the go-ahead.



Crosswalk safety advocate Norm Collins has been working on this issue across the province for almost a decade. JEFF HARPER/METRO

There are 38 in other areas of the province.

Collins has attended "countless" meetings, addressed numerous community groups, businesses, politicians and others in his quest to make the province's crosswalks safer.

He can recite by memory crosswalk safety statistics and research.

He has faced numerous setbacks but also victories in his move to have crosswalk flags installed in HRM and to advo-

cate for crosswalk safety across the board.

Collins has knocked on doors to solicit funds for his program. In addition to preparing the flags, he personally orders them all and installs the buckets the flags are stored in.

"About (two weeks) ago there was a collision at Oxford and Norwood. A fellow was hit. The police report came out at 5:50 and by 7:05 I had an email asking for crosswalk flags at the location," Collins recalled

last week.

"They have been reviewed by (HRM) traffic and given the go-ahead. If it was warm they'd already be up. I'm pretty devoted, but at -8 I'm not going out and attaching buckets to posts."

Although it's hard to quantify the difference crosswalk flags have made, Collins said research indicates they do. He is motivated to continue when he reflects on the numbers of people who are injured and killed.

While humbled with the Halifax Hero nomination and being named the Springtide Collective's advocate of the year for 2015, Collins said his group has succeeded thanks to volunteers.

"At the end of the day nobody does this for recognition. You are making the world a little bit better in your own little way," he said.

"This is such a positive and rewarding experience. We are doing something that others have demonstrated has value."

## + NOMINATIONS

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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# Court rejects providing funds for ex-paramedic

## SEXUAL ASSAULT

### James Duncan Keats sought financial help with an appeal

A former paramedic convicted of two sexual assaults while on the job in Nova Scotia has lost a bid to have his appeal paid for by the province.

James Duncan Keats, 52, was found guilty in December 2015 of groping two patients.

In his appeal, Keats said his lawyer didn't follow his instructions. As well, he said the judge "incorrectly presented some facts, which gave a negative bias to my case."

Nova Scotia Legal Aid refused to handle the appeal, saying it lacked merit.

Keats said he was too broke to pay for his own appeal because his 18-year career as a paramedic ended when he was fired in 2013 as a result of the sexual assault allegations.



James Duncan Keats, 52, was found guilty of groping two patients. THE CANADIAN PRESS

He was charged in 2014 with five counts of sexual assault, but only four of these charges were tried in Nova Scotia Supreme Court by a judge and jury.

During his trial, four women testified Keats touched and groped their breasts and genitals. He said he had listened

to their chest and abdomen with a stethoscope but never touched their genitals.

He was later acquitted in two of the cases.

In October 2016, Keats was sentenced to 30 months in prison.

He asked the Nova Scotia

Court of Appeal to order funding for an appeal, but it refused in a ruling released Friday.

While the court accepted that Keats has no money, it said justice would not be served by ordering the appointment of state-funded lawyer.

THE CANADIAN PRESS

## Halifax DIGEST

### CRIME

#### Men wearing masks break into Timberlea home

Police are investigating an incident in which two masked men broke into a Halifax-area home and assaulted a man inside.

The RCMP say they were called to a residence on St. Margaret's Bay Road in Timberlea at about 11 p.m. Friday.

They report that two men wearing ski masks broke into the home, and sprayed a 21-year-old, who was the only person inside, with an irritant.

The RCMP say they left without taking anything and the victim wasn't seriously hurt.

A Halifax Regional Police K-9 unit searched for the two suspects but they couldn't be located. METRO

### WORKPLACE VIOLENCE

#### Safety measures needed in hospitals: Report

The Nova Scotia government is taking steps to reduce workplace violence at emergency departments across

the province.

The document says one third of nurses have been physically assaulted, bullied or injured at work, and double that number have experienced threats, threatening behaviour, or harassment.

A report makes 12 recommendations to improve safety, including a suggestion that all emergency departments undergo risk assessments.

Other recommendations include developing a data management system for reporting incidents, better education for staff, and providing staff with communication devices that can call for assistance.

Premier Stephen McNeil says all of the report's recommendations will be implemented within a year.

The report says workplace violence in the health-care field increased between 2013 and 2015.

It says from January 2016 to November 2016, 61 incidents of violence and threats were reported in emergency departments.

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# A history of helicopter heat

ETHICS

## Trudeau not the first to stir controversy over private flight

If only Justin Trudeau had bumped into Earl Deveau at the airport in the Bahamas — he might have been able to save himself a chopper-load of political grief.

After all, Deveau — formerly the island nation's environment minister — has himself been a passenger on board the Aga Khan's private helicopter, just like Trudeau, and was made to suffer the consequences.

It was September 2010 when someone snapped a photo of Deveau walking away from the helicopter in question during a stopover on his way to the Aga Khan's private island.

For Deveau, the political perils were decidedly more glaring.

The Aga Khan was seeking permission to dredge offshore from his island, inside an established marine reserve, in order to make room for his massive luxury yacht, among other ves-



Justin Trudeau sparked controversy by boarding the Aga Khan's helicopter. THE CANADIAN PRESS

sels. Locals feared irrevocable environmental harm.

The area, known as the Exumas, had become popular with celebrities and the super-wealthy keen on owning their own island.

Owners include actor Johnny Depp, singers Faith Hill and Tim

McGraw and former investment banker Steve Harrington.

The Aga Khan — the wealthy philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — happens to be a close family friend of Trudeau's.

Trudeau has been facing heat

over the flight ever since the National Post reported on his family holiday at the Aga Khan's island, which also included Liberal MP Seamus O'Regan and Liberal party president Anna Gainey.

The federal Conflict of Interest Act and Trudeau's own ethics guidelines for his cabinet

ministers bar the use of sponsored travel in private aircraft, allowing it only for exceptional circumstances and only with the commissioner's prior approval.

The act also prohibits a minister or any member of their family from accepting gifts or "advantages" that could reasonably be seen as influencing government decisions. The only exception is if the giver is a friend.

The federal ethics commissioner is looking into the holiday and the chopper flight. Trudeau has repeatedly called the Aga Khan a longtime family friend who served as a pallbearer at his father's funeral.

Back in 2010, there were immediate calls for Deveau's resignation. Then-prime minister Hubert Ingraham stood by his minister, admitting that he, too, had hopped a ride in the very same helicopter to meet with the Aga Khan and foreign dignitaries.

At the time, a frequent political argument — similar to that of Trudeau — was that there was no other means of accessing the 140-hectare Bell Island, which the Aga Khan reportedly purchased in 2009 for \$100 million US. THE CANADIAN PRESS

ALBERTA

## Domestic violence leave now a reality

A union in Alberta has negotiated domestic violence leave for members who work at a long-term care facility.

The United Steelworkers says the agreement means Rivercrest Care Centre workers who are victims of domestic violence can take paid leave for legal, medical and counselling appointments without fear of losing their jobs.

Ray White, president of Local 1-207, said the contract language is a first for the union in Alberta and it plans to table similar proposals with other employers.

"The stigma attached to domestic violence is bad enough without having to go to your employer hat in hand begging for time off," he said.

Blair Halliday, chief operating officer of Qualicare Health Services Corp., said he was initially surprised when the union tabled the proposal for workers at the Fort Saskatchewan nursing home. But after learning more about domestic violence, the company decided it was the right thing to do. THE CANADIAN PRESS

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# 'Everything collapsed on us'

ITALY

## Avalanche survivors tell harrowing stories

Some of the lucky ones were sipping hot tea near the fireplace in their mountain resort hotel, waiting for snowplows to arrive so they could finally go home, after a winter holiday made nerve-wracking by a day of ground-shaking earthquakes and heavy snowfall.

Suddenly, Vincenzo Forti and girlfriend Giorgia Galassi were knocked violently off a wicker sofa. A few other guests nearby tumbled off their chairs in the elegant yet rustic reception hall.

An avalanche of snow — and not a tremendously powerful earthquake as survivors first imagined — had just barrelled down the mountainside Wednesday evening, smashing into the Hotel Rigopiano and trapping more than 30 holiday-makers, including four children, and workers inside.

On Sunday evening, rescuers



A rescue team works at the avalanche-hit Hotel Rigopiano. CONTRIBUTED/AFP/GETTY IMAGES

spotted a man's body in the wreckage, raising to six the number of confirmed dead. Twenty-three others remained missing, with hopes dependent on whether anyone might have found survival in some air pocket searchers hadn't

yet reached.

While the nine people who were eventually rescued, including all the children, remained hospitalized Sunday, some details of their harrowing survival accounts began emerging, through family, friends

and rescuers who spoke with them at their bedside or by telephone.

Among the details: the seemingly endless isolation, since the snow absorbed any sound from the outside world.

"There were four of us, in

front of the fireplace, drinking tea," Galassi recalled.

Suddenly, "everything collapsed on top of us, and I didn't understand anything anymore," Galassi, a 22-year-old university student, told Radio Giulianova, a radio station her hometown of the Adriatic coastal town of Giulianova, where Forti, 25, owns a seaside pizzeria.

Cut off from the outside world, the couple heard no sound. But "we were convinced that someone would come, because it was impossible they wouldn't be aware of us," Galassi said. "We banged until I couldn't anymore, we yelled."

"It was like we were in a tin can," she said.

There was no food, but there was ice, from the avalanche.

"We ate ice, that was our fortune," Galassi said.

Forti's fishing buddy, Luigi Valiante, added more details, telling reporters after visiting him in a hospital Sunday that the young man "realizes he is a miraculous survivor. Also considering where he was — a square metre (space) in the cold, without lights, with a broken sofa, a girder splitting it up." THE ASSOCIATED PRESS

SETTLEMENTS

## Israel delays key vote

Israeli Prime Minister Benjamin Netanyahu delayed a vote Sunday on an explosive proposal to annex one of the West Bank's largest settlements, apparently to co-ordinate his policy toward the Palestinians with the new administration of U.S. President Donald Trump.

The move put on hold legislation that threatens to unleash fresh violence and damage already faded hopes for Palestinian independence. It also may mark Trump's first foray into Middle East diplomacy.

After eight years of frosty relations with President Barack Obama, Netanyahu has welcomed Trump's election as an opportunity to strengthen ties between two allied nations.

Education Minister Naftali Bennett, leader of the pro-settlement Jewish Home Party, has been pushing Netanyahu to abandon the internationally backed idea of a Palestinian state and to annex the Maaleh Adumim settlement near Jerusalem.

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GAMBIA

## Ex-ruler flees with luxury cars

Exiled Gambian ruler Yahya Jammeh stole millions of dollars in his final weeks in power, plundering the state coffers and shipping out luxury vehicles by cargo plane, a special adviser for the new president said Sunday.

Meanwhile, a regional mil-

itary force rolled in, greeted by cheers, to secure this tiny West African nation so that democratically elected President Adama Barrow could return home. He remained in neighbouring Senegal, where he took the oath of office Thursday because of concerns for his safety.

Barrow's special adviser Mai Ahmad Fatty confirmed that Jammeh made off with more than \$11.4 million US during a two-week period alone. That is only what they have discovered so far since Jammeh and his family departed late Saturday.

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CANADA

## Ready to confront a new reality

Prime Minister Justin Trudeau and his federal Liberal government will confront the reality of Donald Trump in the White House as his cabinet members begin gathering Sunday in Calgary for a three-day retreat that are to include discussions with an adviser to the new president.

Up to now, Trudeau has had a relatively smooth ride guiding Canada's relations with the U.S., thanks to being so sympathetic with Barack Obama — natural allies on climate change, with a close personal relationship that oozed brotherly affection.

Now the Liberals are girding for a major reset with Washington, which is expected to be the preoccupying pastime for Liberal ministers during their upcoming meetings.

Dominic Barton, the head of the Trudeau government's influential council of economic advisers, is also set to attend. Earlier this month, he cautioned that Trump's pledges on trade and taxation must be taken seriously in Canada.

The Liberal government hopes to send a message to the Trump administration that Canada and the U.S. have a shared agenda, Natural Resources Minister Jim Carr said Sunday in Calgary.

"We will have to see what the administration actually does," he said.

Earlier Sunday in Washington, Trump said he had scheduled meetings with Trudeau and Mexican President Enrique Peña Nieto and signalled negotiations will have to begin on NAFTA.

"I ran a campaign somewhat based on NAFTA," Trump said. "But we're going to start renegotiating on NAFTA, on immigration, on security at the border."

The date of the meeting between Trudeau and Trump has yet to be announced.

THE CANADIAN PRESS

# International outpouring sends message to Trump

WOMEN'S MARCH

## Millions come out to over 600 sister marches worldwide

In a global exclamation of defiance and solidarity, more than 1 million people rallied at women's marches in the nation's capital and cities around the world Saturday to send President Donald Trump an emphatic message on his first full day in office that they won't let his agenda go unchallenged.

Trump responded Sunday, undermining the public opposition then defending demonstrators' rights a short time later.

"Watched protests yesterday but was under the impression that we just had an election! Why didn't these people vote? Celebs hurt cause badly," tweeted Trump, at 7:51 a.m. Ninety-five minutes later, he struck a more conciliatory tone.

"Peaceful protests are a hallmark of our democracy. Even if I don't always agree, I recognize the rights of people to express their views," the president tweeted at 9:26 a.m.

And protesters had done just

that.

"Welcome to your first day, we will not go away!" marchers in Washington chanted.

Many of the women came wearing pink, pointy-eared "pussyhats" to mock the new president. Plenty of men joined in, too, contributing to surprising numbers everywhere from New York, Philadelphia, Chicago and Los Angeles to Mexico City, Paris, Berlin, London, Sydney and even Antarctica.

The Washington rally alone attracted over 500,000 people according to city officials — apparently more than Trump's inauguration drew on Friday. It

was easily one of the biggest demonstrations in the city's history, and as night fell, not a single arrest was reported.

The international outpouring served to underscore the degree to which Trump has unsettled people in both hemispheres.

Around the world, women brandished signs with slogans such as "Women won't back down" and "Less fear more love." They decried Trump's stand on such issues as abortion, health care, diversity and climate change. And they branded him a sexist, a bully, a bigot and more.

All told, more than 600 "sister marches" were planned world-

wide. Crowd estimates from police and organizers around the globe added up to approximately four million.

Tens of thousands of protesters squeezed into London's Trafalgar Square. In Paris, thousands rallied in the Eiffel Tower neighbourhood in a joyful atmosphere, singing and carrying posters reading "We have our eyes on you Mr. Trump" and "With our sisters in Washington." Hundreds gathered in Prague's Wenceslas Square in freezing weather, mockingly waving portraits of Trump and Russia's Vladimir Putin.

METRO/THE ASSOCIATED PRESS

### 4 MILLION STRONG: THE MARCH HEARD 'ROUND THE WORLD

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NEW YORK — 250,000



PARIS — 10,000



LONDON — 100,000



BERLIN — 1,000



SYDNEY — 3,000



ANTARCTICA — 30



SOLIDARITY

## Canadians to American sisters: You are not alone



May Warren  
Metro | Toronto

After two nights of sleeping upright buses, an entire day of walking and more than 24 hours without a shower, a few hundred Canadian women finally arrived back in Toronto on Sunday afternoon.

They were tired but elated and ready to take their energy forward over the next four years, fresh from the historic

Women's March on Washington.

"I believe it's just the start," said Jo-Anne Miller.

The fifty-something seasoned activist made the trip alongside her twenty-something friend Jocelyn Murphy. Their generational split — not uncommon among those in the masses — serves as an example of what made the momentum created over the weekend so important.

The march was 29-year-old Kat Scott's first time doing any-

thing in the "political sphere."

She considers herself a feminist, was inspired to action by Gloria Steinem and "at root" just wants to end sexism.

"It's those moments of just reminding myself that I'm not alone," she said, about the importance of the march. "You can pull on this memory."

The march gave the world a glimpse of the "the power of the people," especially when it comes to fighting the "intersectionality of oppression" women of colour and indigen-

ous women face in Canada and the U.S., Miller said.

Standing out in their red toques amongst the thousands of pink knitted hats that stormed the capitol on Saturday, Canada's women, and some men, were welcomed loudly.

Americans cheered them loudly along the march's route, yelling "thank you for coming," and "you go Canada, you go."

The event was organized as a peaceful gathering in support of diversity, equality and inclu-

sion, not as a protest against U.S. President Donald Trump. But, his face and name popped up throughout, on signs where he was depicted as a clown or as a puppet of Vladimir Putin, and in chants.

At one point near the National Mall, marchers sang out "we don't want your tiny hands, anywhere near our underpants."

But, the movement was about much more. Issues spotted on signs ranged from reproductive rights, to climate change and Black Lives Matter.



A group of Canadians joined hundreds of thousands of people taking part in the Women's March in Washington. MAY WARREN/METRO



VICKY MOCHAMA

## FIRST STEPS MUST YIELD NEXT STEPS

This weekend's women's marches were, for many, exhilarating moments of respite after months of anxiety. But, now that the triumphant moment has passed, those who would dedicate themselves to political resistance must **prepare for the difficult road ahead.**

At the inauguration, my chest felt tight. Throughout the day, Trump supporters were exceedingly nice to me. A condescending kindness. I was told "Good for you!" about doing my job. A minute later, they'd be yelling "Lock her up" or "Make America great."

At the women's march, I exhaled, finally letting go of the breath I'd been holding in since election night.

My cousin and aunt, D.C.-area residents who put me up for the weekend, have been apoplectic and yet resigned, unable to bear watching anymore election coverage but unable to look away. But at the march, my cousin said, "I don't know what I expected. It's just so nice not to feel alone."

My cousin is determined not to let the Trump presidency disrupt her dreams. She's engaging with it. She has signed up for a newsletter from Shaun King, a reporter and civil rights activist, that alerts her to legislative issues and what she can do about them.

All over, Americans are resisting Trump and will continue to resist him.

Clearly, this election has been a political awakening for so many. But there's nothing romantic or glorious about it.

for Muslims, the denial of citizenship for immigrants, an administration that is brazen in its lies. Exhilarating as the

the system that put Trump in office is not in any way new. Much as the emancipation of slaves was followed by the terrorism of Recon-

remained so ever since.

To some, this election is the natural conclusion of a nation built on white supremacy and dedicated to the exploitation and destruction of black, brown, indigenous and female bodies — bodies that have borne the brunt of the pendulum swings of history.

According to DC Metro, the day of the women's march was the second largest in total ridership, at just over one million. The record for first place is held by the first Obama inauguration, in 2009.

The march crowd, however, was different from the Obama gathering, which I also attended. This one was pretty white — not as white as Trump's inauguration the day before, but pretty white.

Black, latino and indigenous people were there but not with the fullness and volume that they had been eight years ago. The march was chaotic and spontaneous, yet the free-flowing movement of masses of people wasn't met with violence by the police.

The same cannot be said of typical protests by black,

latino and indigenous activists.

The presumption of innocence and the safety that white protesters are afforded by the police was evident at the women's march. At the same time that non-white activists are advocating for change, white allies can step up to ensure their safety.

In an interview with NPR, the New York Times' Nikole Hannah-Jones said, "It is important to understand that the inequality we see.... is both structural, it is systemic, but it's also upheld by individual choices."

The threat that the Trump administration represents cannot be brushed aside. White allies must seek to ensure not just their self-interest but the safety of others. By continuing to show up, the privileges of whiteness can be extended to the oppressed.

The decision to show up to Washington, D.C., on an overcast day in January is an important choice and a powerful first step. In the days, weeks and months of the next four years, first steps must become next steps.



### INAUGURATION 'TOONS

by Ani Castillo



Last Friday a helicopter came to the White House and took Obama away forever. Inside I screamed, "Barack, don't leave!" It felt as if the only responsible adults were leaving the house.



Donald's superpower is his extreme visibility. My theory is that many people voted for him because familiarity had, in the unconscious, become trust. A case study in marketing.

The coalition of people who attended this past weekend's marches face an abyss: denial of climate change, increased restrictions to a woman's right to choose, an end to religious freedom and social liberty

march was, the road ahead will be perilous and exhausting.

All the progress of the Obama presidency — both in its racial significance and its actual policy making — is now threatened. But

struction, the social-welfare edifice of the New Deal and the civil-rights gains of the '60s and '70s were eroded by the law-and-order social policy and trickle-down economics that became ascendant under Reagan and have



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**Jonathan Forani**  
Torstar New Service

It has been three years since her first ride, but Casey Graham still remembers the dark candlelit room, the ardent leader at the front, and the thumping beats.

For the 24-year-old, that first SoulCycle spin class in New York City was a celestial thing.

"It was life-changing," says Graham, who works in marketing. She'd never done a spin class before, but heard the boutique indoor-cycling brand dubbed a "party on a bike," was different from the other fluorescent-lit offerings available.

"It doesn't feel like a workout class," she says, but more like an upscale bar in "gym form."

After her ride, Graham felt she'd been welcomed into a "very exclusive" club. She purchased the branded attire and began imploring the company over social media to come to Toronto.

SoulCycle arrives March 2. Its first Canadian location is in Toronto, with another slated for Vancouver by the end of the year. Spin classes are \$28 a pop.

Its arrival is the latest and buzziest of high-end fitness brands that offer far more than a good sweat. These are clubs with personal trainers and stationary bikes as well as apparel shops, vast Instagram followings and celebrity endorsements.

They are not just selling fitness, they are selling a lifestyle.

There's Equinox, with its full-service spa, chilled eucalyptus towels and \$176 monthly memberships; the \$280-a-month CrossFit YKV; the "Pilates on crack" machines of Studio Lagree (\$32 a class) and the "Pilates-meets-ballet" of Pure Barre (\$199 a month).

Pricy fitness boutiques have been around for years, but the levels of specialization and use



SARAH KEHOE

## Selling the soul of fitness

**Saddle up for some \$28 spin classes. Boutique gyms, offering an exclusive sense of tribalism, are booming**

of the phrase "boutique fitness" is relatively new, says Margaret MacNeill, University of Toronto associate professor of Kinesiology and Physical Education.

"It gives a sense of high-class. It gives a sense of luxury. And all of those things give a sense of exclusiveness that you're a member of an elite, special, tiny club," MacNeill says.

SoulCycle fan Graham says it's worth the price of admission for the "overall vibe" — the pristine white lobby, the atmospheric lighting of the studio and its instructors who coach riders to

"tap it back," a phrase now popularized by the studio referring to the "squat-on-a-bike" bouncing motion bashed by some critics for being counterproductive and potentially dangerous.

Health and fitness columnist James Fell gave the SoulCycle workout a "failing grade" in 2011 for bad "exercise physiology and biomechanics." Others contest the club's seeming employment of people without fitness backgrounds who have more experience as entertainers.

Gabby Cohen, senior vice-president of PR and brand strat-

egy at SoulCycle, says its full-time instructors (five are expected at the incoming Toronto location) go through a 10-week training regimen and the team has a physical therapist on staff to ensure the workouts do no harm.

As for harm done to the wallet, it's the cost of running a high-end gym. Cohen says full locker amenities with complimentary shampoo, conditioner, body wash, deodorant, free towels, hair ties, gum and ear plugs are all provided at the front desk. High-end spots including SoulCycle and Equinox offer a

lifestyle benefits too — nutritional coaching, a kids club, work spaces and lush interiors.

Going boutique is a reflection of the public exposure fitness centres were getting from the gym-mirror selfie crowd. At some of these clubs, members exit through gift shops where everything from candles and cashmere gloves to baby onesies embossed with club lingo are sold.

MacNeill sees this rise of public displays of fitness as a kind of New-Age "conspicuous consumption." "It was a criticism of the leisure class (in the 1800s), those

who had inherited all their riches and were able to have very public displays of their leisurely life, to be able to go to the horse races, to play polo," says MacNeill.

"To some degree, the phenomenon of people putting Instagrams up is a new version of conspicuous consumption — 'I'm in this gym and you're not.'"

**\$3 billion**

Canada's growing industry of fitness clubs is worth \$3 billion, according to recent data from research firm Ibis.

Indeed, there are a lot of people who are not in those gyms which require deeper pockets than the monthly membership fees of \$10 to \$20 a month (Hone Fitness, Planet Fitness, Fit4Less, World Gym) to \$35 to \$65 a month (Snap Fitness, GoodLife, LA Fitness, YMCA). These centres offer similar workouts, but provide fewer if any "high-end" amenities.

Rod Macdonald, vice-president of canfitpro has worked in both the commercial and non-profit fitness worlds. He found a kind of "tribalism" or desire for a sense of belonging is seen in all areas, no matter the membership fee and follower count on Instagram.

"The more someone feels like they really belong somewhere," says Macdonald, "the more likely they are to stay and be advocates for the tribe."

Superfan Graham is ready to join. "I've never felt the way I did after a SoulCycle class," she says — elated, unstoppable, her "best self."

After spending upwards of \$50 on two workouts, she says the sweat and lifestyle are worth the price. "You get what you pay for."

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# No more cartoon clichés of nerds and sex bombs

## FILM PRODUCTION

### Women in animation lead the revolt

The California Institute of the Arts was created partly by Walt Disney's desire to bring more top-flight animators into the profession. And it has during its 47 years, though for a long time almost all were men.

Now, nearly three-quarters of CalArts' more than 250 animation students are women, and there's a new goal: ensure that when they land jobs, they get to draw female characters reflective of the real world and not just the nerds, sex bombs, tomboys or ugly villains who proliferate now.

"Male villains, for example, can be any shape or size. But female villains are usually in their menopausal or postmenopausal phases. They're older, they're

single, they're angry," said Erica Larsen-Dockray, who teaches a class on The Animated Woman for CalArts.

"Then you have the innocent princess, whose waist is so small that if she was actually alive, she wouldn't be able to walk."

To call attention to that, CalArts has played host the past two years to The Animated Woman Symposium on Gender Bias. This year it focused on the roles of Sidekicks, Nerd Girls, Tomboys and More.

During a recent raucous two-hour symposium, nearly a dozen



**What are nerd-girl stereotypes? They have glasses, they're shy, they're awkward.**

Madison Stubbs, researcher

student researchers who spent months watching cartoons and reading comic books questioned why almost all female sidekicks look like nerds. Also why female heroes like Kim Possible are over-the-top beautiful. And why there are so few gay, lesbian and transgender characters.

"What are nerd-girl stereotypes? They have glasses, they're shy, they're awkward, they have some freckles going on," said film-video student and artist Madison Stubbs as she flashed drawings of several, including two of the most popular: Velma from Scooby-Doo and Meg Griffin from Family Guy.

"And we have Tootie from Fairly OddParents," Stubbs said of the long-running Nickelodeon cartoon show's pig-tailed, braces-wearing, bespectacled sidekick. "Basically, she's just in the show to go, 'Oh, Timmy. I want you. Why do you ignore me?'"

There's a reason for such drawings and scenarios, said Marge

Dean, president of the industry group Women in Animation: Men still fill animation's writing rooms and director's chairs.

"Many, many, many women are going to animation schools. At CalArts, it's over 70 per cent. But yet if you start looking at women in creative roles, the last number we have is only 22 per cent," said Dean.

In an effort to boost those numbers, CalArts faculty invites studio representatives to campus for events like portfolio days and maintains a close relationship with groups like Dean's, which is pushing the studios to have a creative workforce of half women and half men by 2025.

CalArts alumni have directed nine of the 15 Oscar-winning animated feature films since that category was created in 2002. Only two of those 15 films had female directors. Both of them, Brenda Chapman and Jennifer Lee, are CalArts graduates.

Dean believes the landscape



Ajani Russell poses with her artwork *Female Figures* prior to the Animated Women symposium at California Institute of the Arts. MARK J. TERRILL/THE ASSOCIATED PRESS

will change as the popularity of animation continues to grow. Three of last year's top 10 box office films were animated — Finding Dory, Zootopia and The Secret Life of Pets. None were directed by women.

To make real change, students entering the animated world

must demand it, said Stacey Simmons of the production company Stoopid Buddy Stoodios.

"The only way you're going to change it is to keep doing it," she said. "The industry itself has changed a lot, but it has not changed at the same rate the country has." THE ASSOCIATED PRESS

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# A different playlist every day

## WHY I LIKE MY JOB

**Daniel Horton, 40, audio engineer at the Eggplant Collective, Toronto.**

At first, I wanted to be a musician or work in the field of recording music. In 2001, I went to Toronto's Harris Institute, which specializes in music and arts (diplomas). I quickly learned music was only one component — there's lots of opportunities in commercial and long-form work for audio engineers. So while my initial path was music, I've branched out into doing commercial work.

I spend a lot of time doing sound effects or sound design, fixing music supplied by a composer, mixing tracks, recording voices or voiceovers and putting all the pieces together for our clients.

I like my job because I get to experience different challenges every day. Something is always new, and I'm not bogged down working on the same project for months on end.



## THE BASICS: Audio engineer

**\$48,948**

Median annual salary for an audio engineer. Those with advanced training and experience can expect to earn upwards of **\$75,000** per year.

**+8%**

Projected growth rate over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, onetonline.org and berklee.edu.

## HOW TO START

There is no set standard to breaking into audio or sound engineering. Many jobs will require some form of post-secondary school, such as a trade program or college diploma, where you study the different technologies involved in sound recording and editing, as well as theory of audio production. There are a few specialized colleges, such as the Harris Institute or the Recording Arts Canada, which offer diplomas and certificates specifically in audio-related fields. With the ever-changing nature of digital and audio equipment, on-the-job training is common.

## WHERE YOU CAN GO

Audio and sound engineers can expect to find positions in most major metropolitan areas where there is a commercial, film or music industry. Toronto and Vancouver, with their heavy concentration of advertising agencies and film productions, are hotbeds for the practice.

## NEXT CAREER STEP

There are a number of different career paths for audio engineers, including live concerts, voiceover work, sound effect creation, pure sound editing (for films, TV shows and commercials) and, of course, music production.

## JOHANNA SCHNELLER WHAT I'M WATCHING

# The greatest show (of strength) on Earth

**THE SHOW:** The Women's March on Washington  
**THE MOMENT:** The Mall

I thought the show was going to be the rally.

On a stage somewhere near Independence Ave. and Third Street in Washington D.C., dozens of speakers would address a crowd (they expected 250,000). I thought I'd be listening to Gloria Steinem, Michael Moore, America Ferrera. Janelle Monae talked to the Mothers of the Movement, who'd lost children to police violence.

But my group of seven, who'd flown down from Toronto, couldn't get near it. We came close: We talked our way behind a barricade, which happened to be the spot where celebs were hustled after they spoke.

Here came Cher, shaking hands with the crowd. Alicia Keys and Jake Gyllenhaal (sporting a bushy beard) stuck to their security men. But we gave up on trying to see the stage. There were simply too many people.

So we headed for the Mall, DC's front lawn. We stepped out



Alicia Keys performs in Washington D.C. AP PHOTO

of the tree line, and my knees buckled. A solid wash of humanity, hundreds of thousands, mostly female, stretched as far as one could see, sporting pink pussy hats and carrying witty signs (my favorite: Putin wearing an American "I Voted" sticker). We knew it felt big, but we had no idea it was this big. This was the show.

No matter how crowded it became — and where barricades

made bottlenecks, it was dangerously crowded — people stayed calm. They smiled, they made room, they chatted. A million souls, myriad intentions, but one mood. The biggest political protest in U.S. history. The greatest show (of strength) on Earth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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"If our children would've said it, we would have grounded him for six months": Spurs coach Gregg Popovich on Donald Trump



# Ryan and Jones guide Falcons into Super Bowl

NFL PLAYOFFS

## Atlanta ends Green Bay's eight-game winning streak

Matt Ryan and Julio Jones teamed up for a dominant play-off performance, and the Atlanta Falcons ignored all those ghosts from the last half-century.

Next up: Super Bowl 51.

Ryan threw for 392 yards and four touchdowns in another MVP-worthy showing, while Jones shook off a toe injury to haul in nine catches for 180 yards and two scores, leading the Falcons to a 44-21 blowout of the storied Green Bay Packers in the NFC championship Sunday.

Atlanta (13-5) will face either New England or Pittsburgh in the Feb. 5 title game in Houston. It will be only the second Super Bowl appearance in the Falcons' 51-year history, the first coming 18 years ago with a team known as the "Dirty Birds."

They have never won an NFL championship.

If Ryan and the league's high-

est-scoring offence keep playing like this, the AFC winner will sure have its hands full in the Lone Star State. The Falcons led 24-0 at halftime against the Packers (12-6), perhaps the league's hottest team, and essentially put the game away on their second offensive snap of the second half, a play that showed every one of Jones' remarkable skills.

He blazed down the middle of the field, shook off LaDarius Gunter's attempt to grab him on a cut toward the sideline, hauled in the pass from Ryan, broke Gunter's diving attempt at

tackle, and defiantly knocked away Damarius Randall's with a brutal stiff-arm on the way to a 73-yard touchdown.

Not bad, considering he took it easy much of the week because

of his sore left foot.

"I didn't practise that much throughout the week," Jones said, "but today I came out and gave it all I had."

In the final game at the Georgia Dome, Ryan sparked more delirious chants of "MVP! MVP! MVP!" as he carved up an injury-plagued Packers secondary that had no way of stopping a team

NFC CHAMPIONSHIP



Packers quarterback Aaron Rodgers attempts a pass as he is hauled down by Grady Jarrett of the Falcons in Atlanta on Sunday. ROB CARR/GETTY IMAGES

that averaged nearly 34 points a game during the regular season.

For good measure, Ryan also ran for a touchdown.

"We played great," he said. "We did exactly what we've been doing all year and it feels really good."

Atlanta's defence, an afterthought compared to the other side of the line, kept the Packers out of the end zone until the game was essentially locked up.

Rodgers finished 27 of 45 for 287 yards and three TDs, but he also threw an interception,

was sacked twice and faced a relentless Falcons rush.

THE ASSOCIATED PRESS

Go to [metronews.ca](http://metronews.ca) for coverage of the AFC championship game on Sunday night.

MLB

## Royals' Ventura dies in car crash

Royals pitcher Yordano Ventura, whose electric arm and confident demeanour helped lead Kansas City to a long-awaited World Series championship in 2015, died in a car crash in his native Dominican Republic early Sunday. He was 25.

Highway patrol spokesman Jacobo Mateo said Ventura died on a highway leading to the town of Juan Adrian, about 40 miles northwest of Santo Domingo. Mateo did not say whether Ventura was driving.



Yordano Ventura GETTY IMAGES

Also Sunday, former major league infielder Andy Marte died in a separate car accident in the Dominican Republic.

THE ASSOCIATED PRESS

## IN BRIEF

### Costa returns in Blues' win

Diego Costa returned to the Chelsea side after his ambiguous absence and marked his 100th appearance for the Premier League leaders on Sunday by scoring the first goal in a comfortable 2-0 victory over Hull.

The striker missed last weekend's victory over Leicester, officially due to injury but with manager Antonio Conte not disputing accounts of a rift with the top scorer.

THE ASSOCIATED PRESS

NHL

## Sens fail to hold off Jackets in OT loss

Cam Atkinson's second goal of the game at 1:09 of overtime gave the Columbus Blue Jackets a 7-6 win over the Ottawa Senators Sunday night.

Atkinson had a breakaway after a shot by Senators captain Erik Karlsson missed the Columbus net and went around the boards out to Atkinson, who was at centre ice.

Third-period goals by Lukas Sedlak and Matt Calvert erased a two-goal deficit for the Blue Jackets. Atkinson then scored

SUNDAY In Ottawa



at 10:50 of the frame to give Columbus a 6-5 lead.

Kyle Turris tied the game at 6-6 less than two minutes.

Zack Smith and Mike Hoffman each scored twice for the Sens (25-15-5). THE CANADIAN PRESS

FIGURE SKATING

## Canada stacks its team for worlds

Canada's team for the world figure championships boasts 17 world medals between them.

With the return of ice dancers Tessa Virtue and Scott Moir, along with Patrick Chan and pairs skaters Meagan Duhamel and Eric Radford, Canada will send one of its strongest teams ever to the world championships in Helsinki in March.

The team was named Sunday after the Canadian figure skating championships.

"It was a great week," said Skate Canada's high performance director Mike Slipchuk. "When it came time to select the team, it was pretty clear. It was nice to see our defending champions skate the way they did."

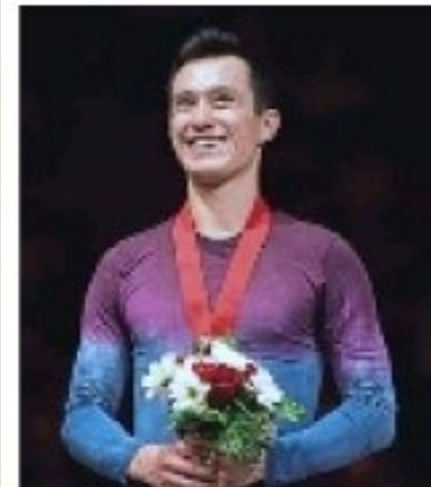
Chan, a three-time world champion, and Kevin Reynolds of Coquitlam, B.C., were named to the team in men's singles. The announcement came a day after Chan won his ninth national title.

Kaetlyn Osmond of Marys-town, N.L., and Gabrielle Daleman of Newmarket, Ont., will compete in women's singles.

Virtue and Moir, who are two-time world champions and six-time medallists, plus double world medallists Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., as well as Piper Gilles and Paul Poirier of Unionville, Ont., will represent Canada in ice dance.

And two-time world champions Duhamel and Radford lead a trio of pairs teams that include Toronto's Lubov Ilyushechkina and Dylan Moscovitch as well as Julianne Seguin of Longueuil, Que., and Charlie Bilodeau of Trois-Pistoles, Que.

THE CANADIAN PRESS



Patrick Chan GETTY IMAGES



MAKE IT TONIGHT

# Sunny Shrimp Tacos



PHOTO: MAVA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

These tacos are fresh and bright enough to bring the sun out on a winter day.

**Ready in 40 minutes**

Prep time: 30 minutes  
Cook time: 10 minutes  
Serves 4

**Ingredients**

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

**Directions**

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.
2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.
3. Heat skillet to high, add a little olive oil. Add half the shrimp. Cook until you see pink around the edges. Flip over and cook briefly until shrimp are pink and opaque. Repeat with second batch.
4. Place everything on table and let people build their own tacos.

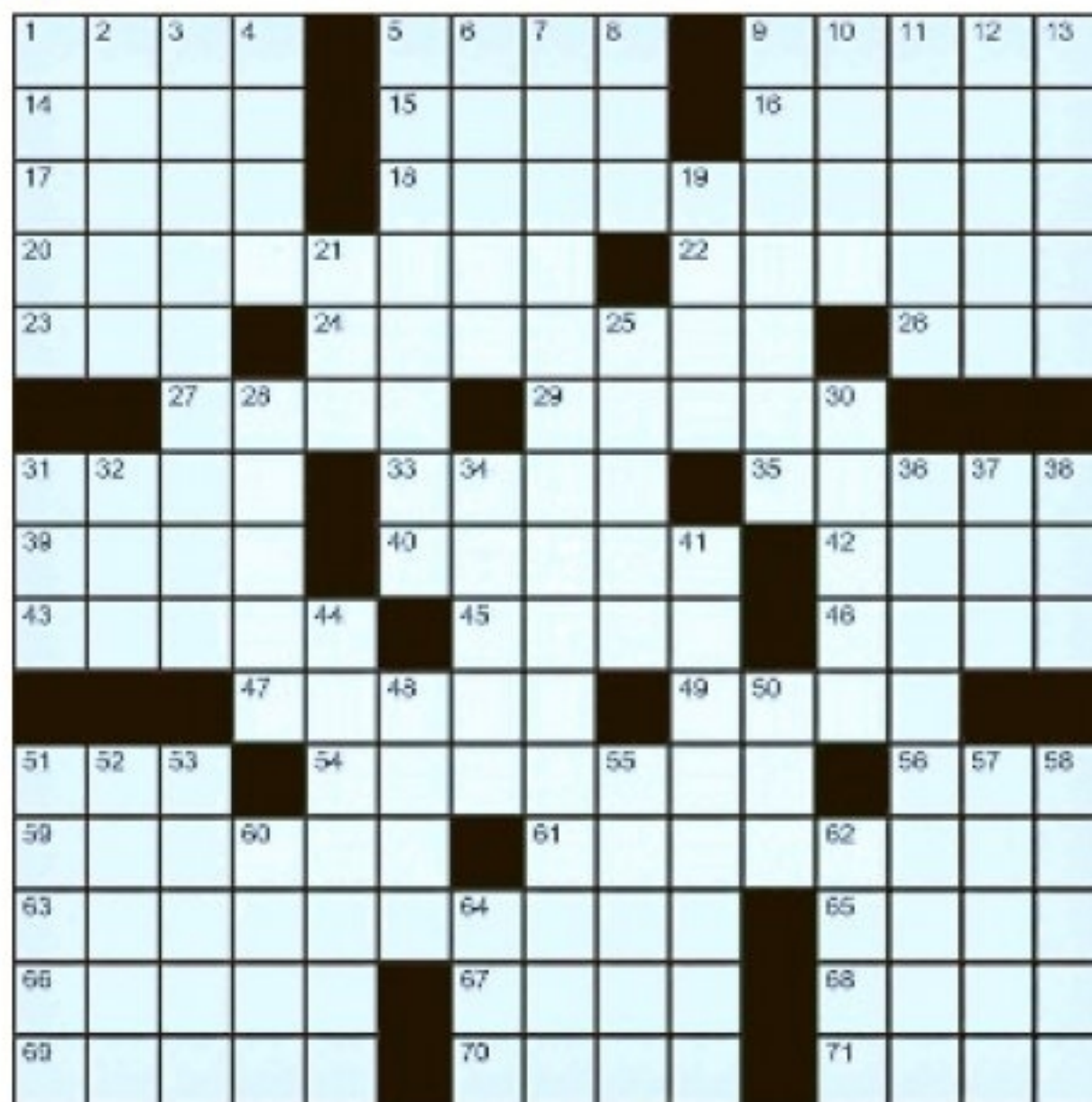
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

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5. Skin cream ingredient, \_ butter
9. Legal garbs
14. Belonging to me
15. Paper \_ (Pen brand)
16. Montreal 'student'
17. Prince \_ (Alexander Borodin opera)
18. Surgery pain-preventer
20. Driver's shade from rays: 2 wds.
22. Pre-ninth inning in baseball
23. "The \_ Who Loved Me" (1977)
24. Pensive person
26. 1984: "Strut" Scottish singer ...her initials-sharers
27. Travel by dog sled
29. Goose, in Latin
31. PC picture
33. Inactive
35. Tenet
39. Glorify
40. Electrical pioneer Nikola
42. The \_ Mountains (Range in Russia)
43. Dermatologist's device
45. "To Sir, with Love" (1967) star
46. Savings = \_ egg
47. Sherwood's Mr. Hood
49. Sassiness, in slang
51. Energy unit
54. Management Land, say
56. Peacock TV station



59. Lisa's "Friends" character
61. Carmen's aria in Georges Bizet's opera
63. Accordion-like instrument
65. Court hearing
66. \_ the other (Not both)

67. Slowly advance
68. Rupture
69. Sea swallows
70. CCR's "Have You Ever \_ the Rain"
71. Whirl in the water

**DOWN**

1. Not quite right
2. Unearth: 2 wds.

3. Like an unknown benefactor
4. "Jeopardy!" creator Mr. Griffin
5. Chart-topper: 2 wds.,
6. Capital of Vietnam
7. Weather in Jim Carrey's "Spotless Mind"

- movie: 2 wds.
8. Bronze Roman money
9. Got the job back
10. Mr. Cassini (He outfitted President Kennedy's wife)
11. "2 Broke Girls" actress Ms. Behrs, and namesakes

12. Web-sent party notice
13. Six, in Munich
19. Casual tops
21. Possessive pronoun
25. Sad-sounding ring
28. Beneath
30. Theatre in the \_
31. Chicago's l'il state
32. Canuck motorists org.
34. Cold cuts counters, commonly
36. Like the Lady in American band Sugarloaf's 1970 song
37. Pas' wives
38. Elevation, for short
41. Germany's famous highway
44. Cops and \_
48. Second \_ War (1899 to 1902 conflict)
50. Ms. Thurman
51. Walt Disney World attraction in Florida
52. Winery river valley in France
53. One whose goose is cooked
55. Do the tango
57. Butter's best friend
58. Tote
60. Business subj.
62. Whole, as in music
64. Poetic contraction

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
This is a good day to ask your boss for a favour. It will be easy for you to make him or her feel sympathetic to your cause.

**Taurus** April 21 - May 21  
Because your imagination is heightened today, you will be delighted with unusual stories and meeting people from other cultures. You want to learn more.

**Gemini** May 22 - June 21  
If you decide to share something today with someone, you will be sympathetic to his or her situation. (Make sure you respect your own needs.)

**Cancer** June 22 - July 23  
In conversation with partners and close friends today, you will be caught up with idealistic values. You will want what's best for the other person.

**Leo** July 24 - Aug. 23  
Co-workers might ask for your advice or want to share a hard-luck story with you. This is because people sense that you are sympathetic today.

**Virgo** Aug. 24 - Sept. 23  
Because your imagination is heightened today, you will enjoy the creative efforts of others. You also will be creative in your own approach to something today.

**Libra** Sept. 24 - Oct. 23  
During a discussion with a family member, you will quickly see what it is like to be in his or her shoes. This is why you will be compassionate.

**Scorpio** Oct. 24 - Nov. 22  
Don't worry if you spend a lot of time daydreaming today. It's just one of those days. It's also easy for you to visualize things today.

**Sagittarius** Nov. 23 - Dec. 21  
If shopping today, you will be tempted to buy luxurious items you might not be able to afford. Just remember that after the temptation wears off, you are stuck having to pay this bill.

**Capricorn** Dec. 22 - Jan. 20  
You feel truly sympathetic for others today. This is why you will go out of your way to help someone, or at least, listen to his or her story. Be wary of crocodile tears.

**Aquarius** Jan. 21 - Feb. 19  
Today you will be inclined to put the wants and needs of others before your own, because you feel sympathetic.

**Pisces** Feb. 20 - March 20  
A friend may ask for your help today, or you might ask a friend to help you. Either way, people are supportive of you today, and they hope you will be the same toward them.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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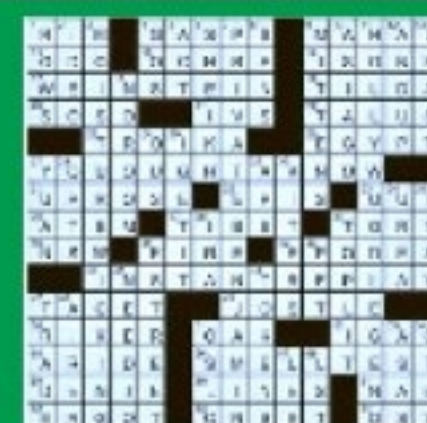
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